



1986 - 2022



**Robert Vincent McMaugh Memorial
 American Legion Post 10
 9950 Cockrell Road
 Manassas, Virginia 20110
 703-369-4900
 www.manassaspost10.org**



SEPTEMBER 2022

**2022-2023
 Legion Officers**

Commander
Dave Quimby

1st Vice Commander

Stan Moore

2nd Vice Commander

Linda Myers

Adjutant

Mary Antio

Finance Officer

Larry Logsdon

Chaplain

Frances 'Greg' Hall

Sergeant-at-Arms

Carl Carey

1 Year Committeeman

Bill Barron

2 Year Committeeman

Bobby Fewell

3 Year Committeeman

Paul Locigno

Quartermaster

Gunny Lewis

Judge Advocate

Rick Raskin

Service Officer

Ginger Harvey

Past Commander

Mark Stein

Commander's Column

September's Thought: If someone treats you badly just remember, there is something wrong with them, not you. Normal people don't go around attacking others.

The past couple of months have put a strain on Post 10's family members. Hang in there as I see the light at the end of the tunnel.

Also, I want to extend to all those who attended the General Membership meeting on 20 August a personal thank you for attending and being there to show your support and how much Post 10 means to ALL us. As I've said before, we have a great Post. I am reminded of that every time I go through the doors

Last month I mentioned the importance of stepping up and helping. September and October present two excellent opportunities to do just that. 24 & 25 September (Saturday & Sunday) is the Tank Farm event in Nokesville and on 1 October is the Manassas Fall Festival. We plan to have a station at each event and hopefully recruit new members. We need members of the SONs, Auxiliary, and Legion who know eligibility rules and what the Legion and Post have to offer. For more information, contact me or our 2nd Vice, *Linda Myers*.

See you at the Post!

Dave Quimby, Commander

Post 10 is OPEN as usual, contrary to malicious rumors that it is closed.



September is National Suicide Prevention Month. The National Suicide Prevention line can be reached by dialing 988, then press 1 if you are a Veteran.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. This is a time to raise awareness of this topic. The goal is ensuring that individuals, friends, and families have access to the resources they need to discuss suicide prevention and seek help.

**HALL will be closed for dining on FRIDAY, 16 SEP 2022.
 All dinners will be served in the Social Quarters that evening.**





POW/MIA Recognition Day Ceremony at Post, Friday, 16 SEP 2022, at 2000 hrs.



POW/MIA Recognition Day is commemorated on the third Friday of September, a date that's not associated with any particular war. In 1979, Congress and the president passed resolutions making it official after the families of the more than 2,500 Vietnam War POW/MIAs pushed for full accountability. During the first POW/MIA Recognition Day commemoration, a ceremony was held at the National Cathedral in Washington, D.C., while the 1st Tactical Squadron from Langley Air Force Base in Virginia flew the missing man formation. Most ceremonies since then have been held at the Pentagon, and many smaller observances have cropped up across the nation and around the world on military installations and Veterans Service Organizations.

The point of POW/MIA Recognition Day is to ensure that America remembers to stand behind those who serve and to make sure we do everything we can to account for those who have never returned. In order to comprehend the importance of this movement, all you need to do is look at the number of Americans who have been listed as POW/MIAs.

According to the Defense POW/MIA Accounting Agency (DPAA), over 87,500 Americans who fought in US wars are *still* missing, including: 4,452 from WWI; 73,515 from World War II; 7,841 from the Korean War; 1,584 from Vietnam; 126 from the Cold War; 6 from conflicts since 1991.

DPAA said about 75 percent of those missing Americans are somewhere in the Asia-Pacific. More than 41,000 have been presumed lost at sea. Efforts to find those men, identify them and bring them home are constant.

The POW/MIA Flag: The traditional POW/MIA flag that is well-known across America was actually created many years before the remembrance day became official. In 1971, a woman named *Mary Hoff* contacted a flag company near her home to see if a flag reminding people of POWs and the missing could be made. She was waiting to see if her husband, Navy Lt. Cmdr. *Michael Hoff*, would ever return home after his plane had been shot down over Laos. World War II pilot *Newt Heisley* designed the now-famous flag, which was made in black and white to represent the sorrow, anxiety and hope symbolized by the image of the gaunt man featured on it.

Ceremony at Post on Friday, 16 Sep 2022, at 8:00 P.M.

Submitted by *Gunny*



WREATHS *across* AMERICA

Wreath Sponsorship Form

Sponsored wreaths are placed on grave markers at state and national veterans' cemeteries, as well as at local, community cemeteries each December. Wreaths may also be sponsored online at www.WreathsAcrossAmerica.org. If you wish to make your sponsorship with a credit card, please visit our website for a secure online transaction.

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: _____
Email: _____

Please make checks payable to:
Wreaths Across America
PO Box 249
Columbia Falls, ME 04623

Call 877-385-9504 with any questions.
Thank you for your sponsorship and joining us in our mission to Remember, Honor and Teach!

Sponsorship Type	Price	Quantity	Total
Individual = 1 Wreath	\$15.00		
Mailed "In Honor" card = If you wish to send a physical honor card telling someone of your sponsorship, please see "In Honor" section below. The \$2 fee is required for this mailing.	\$2.00		
Family = 4 Wreaths	\$60.00		
Small Business = 10 Wreaths	\$150.00		
Corporate = 100 Wreaths	\$1,500.00		
		Grand Total	

GRAVE SPECIFIC REQUESTS ARE NOT ACCEPTED ON THIS FORM

In Honor of:

Below, please provide email or mailing address of "In Honor of" recipient so we can notify them of your sponsorship in their honor. If you have a specific message please write it on the back of this sheet.

Email address: _____
Mailing address: _____

In Memory of:

This name will be listed on our online memory wall. Below, please provide name, rank, branch of service and state resided.

Branch of Service: _____
Rank: _____
State: _____

Please note, **ALL** sponsored wreaths are shipped directly to the location and **NO** wreaths are sent to the individuals purchasing sponsorships.

Location ID: **VAMCMV** Fundraising Group ID: **VA0626P**

FOR OFFICE USE ONLY:

Cash: _____ Total: _____ Date Received: _____
Total No. Checks: _____ Reconciled: _____
MO: _____
Entered: _____

GEN: _____



American Legion Riders Post 10

No submission received.

Keep the shiny side up! Paul Giovanni, Director, ALR Post 10



Sons of the American Legion No submission received.

Dan Frye, Squadron 10 Commander



2nd Vice Commander's Column:

75th US Air Force Birthday Cake – 18 September



Airmen are called to “Innovate, Accelerate and Thrive” as the U.S. Air Force and Department of the Air Force approach their 75th anniversaries on Sept. 18, 2022. Airmen will always be there to provide America with the airpower it needs to defend the nation, deter or defeat our adversaries, reassure our partners and allies, and help diplomacy proceed from a position of strength. There will be a Birthday Cake to celebrate the US Air Force Birthday on 18 September 2022 at 1900 hours in the Social Quarters.

Americans in Wartime Experience – 2022 Tank Farm Open House

September 24 & 25, 10am – 4 pm Both Days, Nokesville

Each year the Tank Farm is our biggest recruiting event. We need volunteers from each organization to sign up for a 2-hour block to meet people and discuss the merits of joining the American Legion and Post 10.

There is a sign-up sheet on the American Legion bulletin board in the Social Quarters.



Submitted by 2nd Vice Commander **Linda Myers**

Padre's Corner

Hello all. My prayers out to everyone. Stay safe. Always keep family and friends close to you.

Francis Gregory Hall, Chaplain

NOTICES: When playing the ‘game’ machines *you must turn in your cash receipts within 48 hours of printing them.* After that they become **null and void.**

The Post has 48 hours to pay on winning tickets.

Playing of machines during Social Quarters’ hours **ONLY!**

Please cooperate.



Legionnaire Membership Report

Information to all members: The renewal notices being sent out by National DO NOT state how long you have been a member but only your LAST PAID YEAR. I know this may be confusing as it states 'MEMBER SINCE 2022' but you have not lost any time on your membership.

2023 membership season is in full force. If you renew before Veterans Day, November 11th, you will be eligible for the Early Bird prize. Remember to renew on-line you will need to have or create an account on MyLegion.org. Online renewals can also print out a new membership card on-line. This will show that you are paid up and I will also send out a new 2023 card once I am notified by National of your renewal.

There was a paper shortage issue at National, so the membership cards we usually receive in April, did not arrive until August. We caught up on sending out cards in the last few weeks. If you renewed, you should now have your card..

Welcome to the following new member: **William H. Woods**, USA, Vietnam.

Welcome to the following transfer members: From Post 141—**Vincent L. Barron**, USN, Granada/Lebanon; **David Gosling**, USA, Vietnam; **Dustin Kershaw**, USMA, Gulf War, GWOT; **James Pepin**, USAF, Vietnam; **Mark McCormic**, USMC, Persian Gulf; and from Post 293 is **Diane Hokinson**, USA, Panama.

To new and transfer members: You must pick up your card in person at a membership meeting (3rd Saturday of each month at 1000 hours). If you cannot contact me.

There are several ways to renew your American Legion membership:

1. Online at www.mylegion.org. You can use a credit card online and set-up automatic yearly renewal with your credit card. You can also update your profile information: address and phone number. You need your permanent membership ID number to start an account at mylegion.org. If you have a hand written card, you probably have a temporary number. Email me for your permanent number.
2. By mail. If you've received your renewal request from National Headquarters, mail it to Post 10 at 9950 Cockrell Road, Manassas, VA 20110 attn: Post 10 Membership. If you haven't received a form from National Headquarters, send a check, and a note with your name, ID number, address, email and phone number.
3. In person. Stop by Post 10 and ask the bartender for a membership envelope, fill out the envelope, include your membership number and dues.
4. Legion dues are \$35.00 and your new 2022 membership card will be mailed to you. Please provide your address, email and phone number. It's important to be able to contact you. Your information is stored in a protected database, accessible to only the post officers with the need to know. If you have an email account, and can receive the newsletter electronically, it will save the Post money. Please feel free to email me.
If you have an e-mail address please provide that so we can send you the monthly newsletter, this will save the Post printing and mailing expense.

For God and Country,

Stan Moore, 1st Vice Commander, al10membership@gmail.com



EVERYONE PLAYS A PART

On the Radar

September 2022

02 Sep Japan Formerly Surrenders (1945)
05 Sep Labor Day
09 Sep SAL Golf Tournament
11 Sep Patriot Day
16 Sep POW/MIA Recognition Day
(Ceremony in Hall at 2000 hrs.)
17 Sep Constitution/Citizenship Day
18 Sep USAF Birthday (1947)
25 Sep Gold Star Family Day
26 Sep Rosh Hashanah (Begins at Sundown)

October 2022

01 Oct Manassas Fall Jubilee
04 Oct Yom Kippur (Begins at Sundown)
07 Oct Afghanistan War Began (2001)
10 Oct Columbus Day (Observed)
13 Oct US Navy Established (1775)
15 Oct Cash Bash
23 Oct Grenada Campaign Began (1983)
23 Oct Beirut Bombing (1983)
27 Oct Navy Day

VA Secretary's Statement on the Passage of the PACT Act

“Veterans who were exposed to toxic fumes while fighting for our country are American heroes, and they deserve world-class care and benefits for their selfless service. The bipartisan PACT Act will help VA deliver for those Veterans—and their survivors—by empowering us to presumptively provide care and benefits to Vets suffering from more than 20 toxic exposure-related conditions.

To those Veterans, their families, caregivers, and survivors: you can apply for PACT Act benefits by filing a claim at VA.gov, and you can learn more about the PACT Act at VA.gov/PACT or by calling us at [1-800-MyVA411](tel:1-800-MyVA411). VA will be communicating with you every step of the way to make sure that you and your loved ones get the benefits you’ve earned. VA will implement it quickly and effectively, delivering the care these Veterans need and the benefits they deserve.” – VA Secretary **Denis R. McDonough**

ADDITIONAL INFO: The PACT Act will bring these changes:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras
- Adds more than 20 new presumptive conditions for burn pits and other toxic exposures
- Adds more presumptive-exposure locations for Agent Orange and radiation
- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care
- Helps the VA improve research, staff education, and treatment related to toxic exposures

Submitted by *Gunny*

ATTENTION ALL: The HALL closes at 8:00 PM on Fridays in order for it to be cleaned and renters are able to set up for their affairs. Work with us on this, don't be selfish!



The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits and other toxic substances. This law helps us provide generations of Veterans and their survivors with the care and benefits they’ve earned and deserve. It is very important that you know that you must sign and complete a “Appointment of Veterans Service Organization as Claimant’s Representative (also called “power of attorney” form). This authorizes The American Legion to assist Veterans and beneficiaries. Additionally, please send your full and complete contact information.

I am available to assist Veterans and their families in completing and filing benefit claims. Contact **Ginger Harvey** at: ginger.c.harvey@gmail.com for VA claims assistance.

Post 10 Service Officer, **Ginger Harvey**



SONS OF THE AMERICAN LEGION, MANASSAS POST 10
JOHN J. CHADA MEMORIAL GOLF TOURNAMENT
PRINCE WILLIAM COUNTY GOLF COURSE, NOKESVILLE, VA
SEPTEMBER 9, 2022

Four Person Teams/ Captains Choice - All are welcome to attend. The first 144 golfers registered will be accepted. 0830 Shotgun Start!! NO RAIN DATE!!!

COST:

\$110.00 Per Golfer - Includes round of golf, door prize, mulligan(s) and 50/50 drawing and lunch back at the Post

\$440.00 Per Team (4 golfers) - Includes round of golf, door prize, mulligan(s) & 50/50 drawing for each golfer and lunch back at the Post

Sponsors - Please see Sponsor Registration Form.

TOURNAMENT PRIZES:

- Top Three Teams & Last Place
- Closest to the Pin (Par Three's)
- Longest Drive(s) - Women (Red Tee) / Men (White Tee)

And of course our infamous "Horses Ass Trophy"
 Golfers over sixty years of age may use Gold Tees, if desired.

Please mail completed form with golfer names, phone numbers and email addresses along with check payable to:
"The American Legion, Post 10, SAL"

American Legion Post 10
 Attn: Tom Ramirez or Dan Frye
 9950 Cockrell Road, Manassas, VA 20110

Please mail no later than August 28, 2022.

If you have any questions, please feel free to contact Tom Ramirez at tramirez@llco.biz or Dan Frye at emtdrf@gmail.com

- Pre-registration along with payment is preferred due to the tournament size.
- All tournament prizes will be distributed after the tournament at the Awards Ceremony at Post 10.
- Lunch and refreshments will be provided as well as a 50/50 drawing.
- All tournament proceeds benefit the Sons of the American Legion Post 10 charities.

Name: _____ Phone: _____ Email: _____
 Name: _____ Phone: _____ Email: _____
 Name: _____ Phone: _____ Email: _____
 Name: _____ Phone: _____ Email: _____

The Golf Tournament will be played rain or shine unless the golf course facility closes due to inclement weather, in which case a rain check will be issued to all registered and paid players.



Sons of the American Legion, POST 10, John J. Chada
Memorial Golf Tournament, Sept. 9, 2022, Sponsor Registration Form:

Company Name: _____

Address: _____

City/State/Zip Code: _____

Contact Name: _____ Email Address: _____

Phone Number: _____

YES!!! We wish to help, our sponsorship commitment is checked below:

___ "GOLD LEVEL" (\$500.00) includes a sign in your, "COMPANY NAME" on a designated hole, recognition during the Tournament Awards Ceremony, Four (4) Individual Players (a team) entered in the Tournament, and your Company Name displayed on a banner at the Tournament and the Awards Ceremony.

___ "SILVER LEVEL" (\$250.00) includes a sign in your, "COMPANY NAME" on a designated hole, recognition during the Tournament Awards Ceremony, One (1) Individual Player entered in the Tournament, and your Company Name displayed on a banner at the Tournament and the Awards Ceremony.

___ "BRONZE LEVEL" (\$100.00) includes a sign in your, "COMPANY NAME" on a designated hole, recognition during the Tournament Awards Ceremony, and your Company Name displayed on a banner at the Tournament and the Awards Ceremony.

___ "CASH DONATION" Please make check payable to the, **"The American Legion, Post 10, SAL"**.

The proceeds from the Sons of the American Legion events support its mission of providing needed services to Veterans and their families as well as funding numerous local and regional charities. In recent years, S.A.L. Post 10 Manassas has submitted numerous donations to include Izaak Walton League of America, USO, Habitat for Humanity, Fisher House Foundation, NJROTC, Virginia Special Olympics, Comfort Our Troops Foundation, Make-A-Wish, American Legion Child Welfare Foundation, Children's Miracle Network, Boy Scouts of America, Food for Others, Final Salute Inc., American Legion Charities including Boys State & Youth Baseball, and many others supporting local people in need. S>A>L> campaigns place emphasis on preserving American traditions and values, improving the quality of life for our nation's children, and teaching the fundamentals of good citizenship.

SEPTEMBER 11, 2001—Do YOU remember? The September 11 attacks were a series of four coordinated terrorist attacks by the Wahhabi Islamist terrorist group Al-Qaeda against the United States on the morning of Tuesday, September 11, 2001. Four California-bound commercial airliners, which took off from three different airports across the northeastern U.S., were hijacked mid-flight by 19 al-Qaeda terrorists, who carried out the attacks in three groups of five and one group of four. American Airlines Flight 11 was flown into the North tower of the World Trade Center complex in Lower Manhattan at 8:46 am; seventeen minutes later, the World Trade Center's South tower was hit by United Airlines Flight 175. Both 110 story towers collapsed later in the morning, leading to the collapse of the other World Trade Center structures including 7 World Trade Center, and damaging surrounding buildings. A third flight, AA Flight 77, flown from Dulles International Airport, was hijacked over Ohio and, at 9:37 am, was crashed into the west side of the Pentagon causing a partial collapse of the building. The fourth flight, UA Flight 93, was flown in the direction of D.C.; the plane crashed in a field near Shanksville, PA, after passengers forced their way into the cockpit and fought the hijackers over the controls. Investigators determined that Flight 93's target was either the White House or the Capitol Building.

In the immediate aftermath of the attacks, suspicion quickly fell onto Al-Qaeda. The U.S. formally responded by launching the War on Terror and invading Afghanistan to depose the Taliban, which had not complied with U.S. demands to expel Al-Qaeda from Afghanistan and extradite their leader Osama bin Laden. Many countries strengthened their anti-terrorism legislation and expanded the powers of law enforcement and intelligence agencies to prevent terrorist attacks. bin Laden initially denied any involvement, in 2004 he formally claimed responsibility for the attacks. Al-Qaeda and bin Laden cited U.S. support of Israel, the presence of U.S. troops in Saudi Arabia, and sanctions against Iraq as motives. After evading capture for almost a decade, bin Laden was located in Pakistan in 2011 and killed during a U.S. military raid.

The destruction of the WTC and nearby infrastructure harmed the economy of New York City and created a global economic recession. The U.S. and Canadian civilian airspaces were closed until September 13, while Wall Street trading was closed until September 17. Many closings, evacuations, and cancellations followed, out of respect or fear of further attacks. Cleanup of the WTC site was completed in May 2002, and the Pentagon was repaired within a year. The attacks resulted in **2,977 fatalities, over 25,000 injuries**, and substantial long-term health consequences (deaths of first responders/rescue workers have been attributed to long-term health effects from the pollution— burning jet fuel, plastics, metal, fiberglass, asbestos, etc.) in addition to at least \$10 billion in infrastructure and property damage. It remains the deadliest terrorist attack in human history and the single deadliest incident for **firefighters** and **law enforcement** officers in the history of the U.S., with **340 and 72 killed** respectively.

The construction of One World Trade Center began in November 2006, and the building opened in November 2014. Numerous memorials have been constructed, including the National September 11 Memorial & Museum in New York City, the Pentagon Memorial in Arlington, and the Flight 93 National Memorial at the Pennsylvania crash site.



World Trade Center, NYC



Pentagon, VA



Shanksville, PA

Lest We Forget!

Submitted by *Gunny*



From Auxiliary Unit 10

Cash Bash is October 15th!! This is the Auxiliary's big fundraiser of the year. The proceeds will go towards assisting Veterans, their families, and the surrounding community. \$500 will be given away every 15 minutes from 4-9pm. Grand Prize drawing at 10pm- \$4500!! Other raffles will be conducted throughout the night with chances to win some awesome prizes. There will also be pull tabs (Hogs), 50/50 raffles, free food and beverages!! Plus, Karaoke with Wild Bill!! Tickets are \$25 and you do not need to be present to win. Please see any Auxiliary member or the bartenders for tickets. A fun time will be had by *ALL* while supporting a great cause!

Peggy Pignone, Auxiliary Unit 10 President

Auxiliary Membership Report



The 2023 membership cards have arrived. We currently have 11 mail-in renewals, 9 online renewals, 4 new members and 1 Paid Up For Life (PUFL) for a total of 25.

Welcome to our newest members: *Katherine M. Gobie; Julie B. Korona, Delgadina P. Racer, and Maureen K. Seufer.*

There are several ways to renew:

- 1) You may leave your payment of \$35 in a membership envelope, complete the information required on the label, and give it to the bartender on duty at Post 10; or
- 2) Mail your payment of \$35 to the American Legion Auxiliary Unit 10, 9950 Cockrell Road, Manassas, VA 20110 and include your current address, telephone number and email address; or
- 3) Renew online at www.ALforVeterans.org. Members will receive an emailed receipt as well as a signed, hard copy membership card mailed directly from ALA National Headquarters within three weeks. Cards have the authorized signature of an ALA National officer (instead of a unit officer).
- 4) Call ALA National Headquarters at (317) 569-4570 and pay by phone. Members will receive an emailed receipt as well as a signed, hard copy membership card mailed directly from ALA National Headquarters within three weeks (same procedure as number 3).

Thank You!

Diana L. Lake, ALA Unit 10 Membership Chair



Annual Cash Bash 2022



Volunteers will be walking around during the evening selling raffle tickets, pull tabs (Hogs), 50/50's
Grand prize – \$4,500 Drawing at 10:00pm

4:00.....\$500.00
 4:15.....\$500.00
 4:30.....\$500.00
 4:45.....\$500.00
 5:00.....\$500.00
 5:15.....\$500.00
 5:30.....\$500.00
 5:45.....\$500.00
 6:00.....\$500.00
 6:15.....\$500.00
 6:30.....\$500.00
 6:45.....\$500.00

Name: _____ Address: _____ Telephone: _____ Sold By: _____	Benefits
	American Legion Auxiliary Unit #10
	CASH BASH 2022
	Sat., Oct 15, 2022 9950 Cockrell Rd. Manassas, VA
	Doors Open at 2:30 • FREE Food & Beverages served, starting at 4:00 p.m.
	Winners need not be present to win. No One Under 21 is permitted. No Smoking. Fill the Cart/Share the Harvest Kick-Off - Please bring in a non-expired and non-perishable food item to fill our cart. You will receive 1 door prize ticket for each item donated.
	Not Responsible for typographical errors. \$25.00

7:00.....\$500.00
 7:15.....\$500.00
 7:30.....\$500.00
 7:45.....\$500.00
 8:00.....\$500.00
 8:15.....\$500.00
 8:30.....\$500.00
 8:45.....\$500.00
 9:00.....\$500.00

Grand Prize ~
10:00 p.m.
\$4,500.00

Bingo style drawings: Each ticket can be a one time winner for drawings every 15 minutes between 4:00pm -9:00pm
All tickets (including previous winners) are included for the Grand Prize drawing at 10:00pm



*“To Those Who Died,
Honor and Eternal Rest;
To Those Still In Bondage,
Remembrance and Hope;
To Those Who Returned,
Gratitude and Peace.*



POW/MIA National Recognition Day is Friday, 16 SEP 2022 (always the 3rd Friday in September). As we have done for the past 20 plus years there will be a ceremony at 2000 hours in the Hall. Please plan on attending.

Gunny

Are You Ready for Hurricane Season? Find out if you live in a hurricane evacuation zone; Locate the nearest shelter; Review/update insurance policies; Build or replenish your emergency kit; Create and test your evacuation plan; Stay informed with the latest local and national weather information.

Evacuation Plan: Load evac routes and nearest shelters on your phone maps. Know where you would go and how to get there. Your destination could be a friend or relative who doesn't live in the evacuation zone. If you live in a well-built home outside the evac zone this may be the safest place. Pets should NOT be left behind.

Stay Alert, listen, and move following the direction of your local authorities.

Don't leave your pet stranded: Your pet may be your best friend, but due to health regulations, most emergency shelters cannot house animals. Find out in advance how to care for your pets and working animals when disaster strikes. Again, pets should not be left behind. Check with your veterinarian, a friend or your local animal shelter about options should you have to leave your home. Be sure to take food and water for your pets.

Remember that you may need to adjust evacuation plans based on the latest health and safety guidelines.

STAY INFORMED. Build and test your preparedness plan and 'go' kit.

Submitted by *Vic Librizzi*

Everyone Needs a Colonoscopy: Colorectal cancer doesn't care about race, gender or economic status: If you are 45—75 years old, you need colorectal screening. This most commonly comes in the form of a colonoscopy every 10 years. Other options include a home-based fecal immunochemical test that checks for blood in the stool that you can't see. **Dr. Folasade May**, a gastroenterologist at VA's Greater LA Healthcare Medical Center says, "Colorectal cancer is one of the few cancers where if we catch it early through screening, screening can be the treatment at the same time."

Check the Facts On Colorectal Cancer Screening: There are some misconceptions about colorectal cancer screening and colonoscopies. Let's fact check some misconceptions.

- Colon Cancer is a man's disease: Colon cancer impacts men and women equally.
- I'll know if I'm sick and need a colonoscopy: Colon cancer is a silent killer, you may not see signs before it is advanced. This is why regular screening is important.
- Only old people get colorectal cancer: Evidence suggests screening start at 45 years old for a reason. There is a rise in colon cancer rates in younger populations.

A colonoscopy is a procedure that is both diagnostic and curative and just may save your life. Talk to your primary care provider about getting screened.

(Source: cancer.va.gov)

Submitted by *George Moschatos*



What's Cooking in the kitchen?

Monday—Friday 11am-2pm

SEPTEMBER LUNCH SPECIALS



THU 1 Sep SURPRISE!
 FRI 2 Sep Steak.
 MON 5 Sep Labor Day. Cook Out/Kitchen Closed.
 TUE 6 Sep Spaghetti w/Garlic Bread.
 WED 7 Sep Haddock Sub w/Onion Rings.
 THU 8 Sep Steak Cheese Quesadilla, Chips, Salsa.
 FRI 9 Sep Steak.
 MON 12 Sep Meatloaf w/Mashed Potatoes.
 TUE 13 Sep Taco Salad.
 WED 14 Sep Club w/Onion Rings.
 THU 15 Sep Italian Sub w/Onion Rings.
 FRI 16 Sep Steak.

MON 19 Sep Sausage, Pepper, Onion, Cheese Sub.
 TUE 20 Sep Crispy Chicken, FF.
 WED 21 Sep Shrimp Po'Boy, Slaw, FF.
 THU 22 Sep Prime Rib Sandwich, Onion Rings.
 FRI 23 Sep Steak.
 MON 26 Sep Chicken Breast w/Peppers & Onions.
 TUE 27 Sep Country Fried Steak, Mashed Potatoes.
 WED 28 Sep Hot It. Sub w/Onion Rings.
 THU 29 Sep Spicy Cheddar Burger w/Bacon.
 FRI 30 Sep Steak.

**CLEAN UP
 AFTER YOURSELF,
 YOUR MOTHER
 DOESN'T
 WORK HERE**

Menu & Prices Subject to Change

**See Something, Say Something
 Civility is catching, Practice it!**

Dinner Menu

**Friday is Seafood Night
 3rd Saturday of each month
 Prime Rib Dinner.
 Time: 5:00 x 7:30 PM
 Steak Dinner returns on the other
 Saturday evenings.
 5:00 x 7:30 PM.**

Entertainment (Friday & Saturday evenings)

**Fri & Sat, 2—3 SEP; Wild Bill Karaoke
 Fri & Sat, 9—10 SEP; Wild Bill Karaoke
 Fri & Sat, 16—17 SEP; Glenn
 Fri & Sat, 23—24 SEP; Wild Bill Karaoke
 Fri & Sat, 30 SEP, 1 OCT; TBD**

NEWSLETTER SUBMISSION: Please remember to submit your articles to me in word document format by COB [1700 hours] on the 25th day of each month. Photos should be 'jpeg' and separate from the body of the article. Please check and double check your spelling and grammar.

Articles should be submitted to gysgt_mc@yahoo.com

Thank you, *Gunny*



**Robert V. McMaugh Memorial
American Legion Post 10
SEPTEMBER 2022**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Grill Open 6-8:00 PM Horseshoe Tournament	2 Japan Signs Surrender (1945) R.E.D. Seafood 5:30-7:45 PM	3
4	5 Labor Day Picnic 1-4 PM \$5/ person bring sidedish Bingo 9:15-12 PM	6 Auxiliary Unit 10 Meeting 7 PM 	7 Bar Bingo 5:30 PM	8 Grill Open 6-8:00 PM Horseshoe Tournament	9 J.J. CHADA Memorial Golf Tournament (SAL) R.E.D. Seafood 5:30-7:45 PM	10 Executive Board Meeting 10 AM
11 Patriot Day Flag Half Staff until Sunset	12 Bingo 9:15-12 PM	13 S.A.L. Squadron 10 Meeting 7 PM 	14 Bar Bingo 5:30 PM	15 Grill Open 6-8:00 PM Horseshoe Tournament	16 POW/MIA Recognition Day Ceremony 8 PM in Hall R.E.D. Seafood 5:30-7:45 PM	17 General Membership Meeting 10 AM Prime Rib Dinner 5-7:30 PM
18 USAF Birthday (1947) Ceremony 7 PM	19 Bingo 9:15-12 PM	20 Riders Chapter 10 Meeting 7 PM 	21 Bar Bingo 5:30 PM	22 Grill Open 6-8:00 PM Horseshoe Tournament	23 R.E.D. Seafood 5:30-7:45 PM	24
25 Gold Star Family Day	26 Rosh Hashanah starts at sundown Bingo 9:15-12 PM	27	28 Bar Bingo 5:30 PM	29 Grill Open 6-8:00 PM Horseshoe Tournament	30 R.E.D. Seafood 5:30-7:45 PM	31

HALL will be closed for dining on FRIDAY, 16 SEP 2022

Calendar subject to change—call Post on 703-369-4900 for current information.



**Veterans
Crisis Line**
DIAL 988 then PRESS 1

**NEW NUMBER
from the VA.
24/7 Support.**



855.VA.WOMEN
**WOMEN VETERANS
CALL CENTER**
Call or Text: 1-855-829-6636

**Under the new
2022 PACT Act**



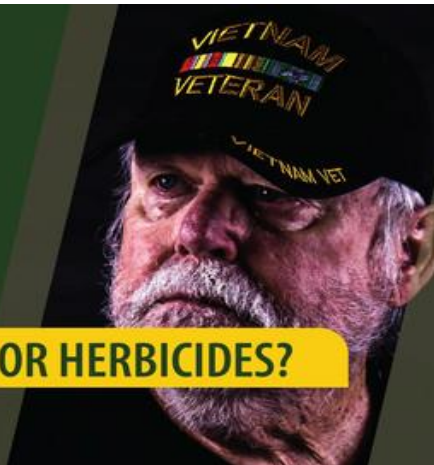
eligibility is added for Veterans who served in
Republic of Vietnam
01/09/1962–05/07/1975

EXPOSED TO AGENT ORANGE OR HERBICIDES?

Learn more at VA.gov
1-800-MyVA411 (800-698-2411)



U.S. Department
of Veterans Affairs



SEPTEMBER 2022 Newsletter

www.manassaspost10.org

